



dodeki recordings

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the sacred tree meditations general guidelines

- 1) Create quiet, sacred space.
- 2) Listen to either track 1 & 2 (relaxation and 6 girl) 3 & 4 (relaxation and 4 girl) 5 & 6 (relaxation and 2 girl) I tend to spend 3 months falling in love with one of these vibrations 6, 4 or 2. This CD is designed to be used once or twice daily.
- 3) These meditations can create powerful energetic shifts... for example it may feel like a gate has opened and your heart has really expanded or that you feel a level of bliss never felt before.
- 4) If you feel an energetic shift, you may feel a little unwell for the next day or two from the release of negativity from your subtle energy field. So say thank you for your new level of spiritual evolution. Light a candle and take a bath or shower, or go for a swim in the ocean, a lake, or river. Water helps to release negativity from your subtle energy field.
- 5) Do not repeat another meditation for 3 days and ease your self back into it.
- 6) When you feel you have spent enough time on these meditations...go to www.rayid.com and download the free sacred sequence CD and booklet and continue these meditations with music alone.